



Nova Scotia

Nova Scotia ([Latin](#) for *New Scotland*; [Scottish Gaelic](#): *Alba Nuadh*; [French](#): *Nouvelle-Écosse*) is a Canadian [province](#) located on [Canada](#)'s south-eastern coast. It is the most populous province in the [Maritimes](#), and its capital, [Halifax](#), is a major economic centre of the region. Nova Scotia is the second smallest province in Canada, with an area of 55,284 km². Nova Scotia is the seventh most populated province in Canada with an estimated 936,988 residents as of [January 1, 2006](#). It accounts for 3% of the population of Canada. The [population density](#) of Nova Scotia is approximately 17.2 persons/km², and roughly 60% of the population lives in rural parts of the province.

Nova Scotia's economy is traditionally largely resource-based, but has in recent decades become more diverse. Industries such as [fishing](#), [mining](#), [forestry](#) and [agriculture](#) remain very important, and have been joined by [tourism](#), [technology](#), [film](#) production, [music](#) and other cultural industries. From an economic and commerce point of view, Nova Scotia has the infrastructure, the educated workforce, and the accessibility, so one can start a new business, expand an existing business or discover new ways of doing business, right here. As the trend towards balancing economic success with an enhanced quality of life grows, Nova Scotia becomes an even popular destination. The citizens value that one doesn't need to sacrifice professional goals in order to find harmony and balance.

Climate

Surrounded by water, Nova Scotia's climate is regulated by the oceans presence, this results in a moderately cold winter, usually ranging from -15NC to -4NC. The winter consists of all varieties of weather, such as snow, freezing rain, hail and sunshine. A common saying of Nova Scotians is, "If you don't like the weather, wait a day - or even five minutes"

Nova Scotian springs are usually quite cool. The average spring temperatures range from 6 to 15NC. Summers usually never get too hot, the average temperature ranges from 16 to 25N and very rarely exceeds 30 degrees.

Geography

Nova Scotia has seashore, valleys, and forests, cities, towns and small villages. There is "the tranquility of nature and the vibrancy of urban life" with theatres, art galleries, restaurants and modern amenities, and yet, all the nature you could ever want is right here where you can reach out and touch it. We enjoy a quality of life that is rare anywhere in the world.

The province's mainland is a [peninsula](#) surrounded by the [Atlantic Ocean](#), including numerous bays and estuaries. [Cape Breton Island](#), a large [island](#) to the northeast of the Nova Scotian mainland, is also part of the province, as is [Sable Island](#), a small island notorious for its [shipwrecks](#), approximately 175 km (95 [nm](#)) from the province's southern coast. Nova Scotia is Canada's second smallest province in area.

National and Provincial Parks

In Nova Scotia there are two National Parks, the [Cape Breton Highlands](#) and [Kejimikujik National Park](#). Both are considered some of the most beautiful spots in Nova Scotia, and Canada. There are numerous provincial parks in Nova Scotia. The [Nova Scotia Provincial Parks](#) web site contains information on all the provincial parks located in Nova Scotia, driving directions, where they're located, pictures of the parks and handy tips for visitors.

http://www.pc.gc.ca/pn-np/ns/cbreton/index_E.asp

There is one Provincial Wildlife park in Nova Scotia. It is called the [Shubenacadie Wildlife Park](#) and it is home to 45 different wildlife exhibits, 33 species of mammals, and 65 species of birds.

<http://wildlifepark.gov.ns.ca/>

Nova Scotia is a popular tourist destination for its natural untouched coastline and vibrant culture and heritage. It is a welcoming province to new immigrants and to international students who chose to make Nova Scotia their new home or place to acquire their education.

Its location is close to many centres in Canada including Toronto and Montreal, and to locations in the United States including Boston, New York City, and Washington DC.



Cost of Living

The cost of living in Nova Scotia is fairly low when compared to other Canadian cities. When compared with a city such as Vancouver or Toronto, a much higher income is required to have the same quality of life than in Nova Scotia. For example consider a home in Nova Scotia, it may cost \$150,000 where as in Vancouver, the same house might cost \$200,000-\$250,000.

Settlement Programs

Metropolitan Immigrant Settlement Association

<http://www.misa.ns.ca/index.htm>

The Metropolitan Immigrant Settlement Association (MISA) is a community-based organization which welcomes newcomers and recognizes their essential role in Canada. Founded in 1980, MISA is an established and respected agency known for its professionalism and competence in the delivery of services to newcomers. Over the past several years, MISA has been able to build on this credibility and has become not only the primary immigrant serving agency in the Atlantic, but, has a reputation for excellence that is comparable to any SPO in the country.

Some of the services and programs provided at MISA include but are not limited to:

Settlement and Orientation

A range of settlement and orientation services is offered to new immigrant families and individuals to assist them participate and integrate into Canadian life as quickly as possible. Both individualized and group sessions help clients identify and access health, legal, education, financial and transportation services.

Settlement Unit Provides Help With:

- Housing
- Medical/Dental/Mental health
- Financial Issues
- Legal Issues
- Federal and Provincial Programs
- Community Resources
- Family Issues

Buying Land

Buying land: When properties are sold in Nova Scotia, they are usually listed (advertised with property specifications) by private-sector agents called real estate agents. Some agents work independently, others work for agencies. One way to find out about Nova Scotia properties for sale, current average prices, etc., is to contact one of these agents or agencies. In Nova Scotia, most of them belong to one of the following three associations:

Nova Scotia Association of Realtors
Halifax, Nova Scotia
902-468-2515
www.nsar.ns.ca

Annapolis Valley Real Estate Board
Auburn (near Kentville), Nova Scotia
902-847-9336

Yarmouth Real Estate Board
Yarmouth, Nova Scotia
902-742-9163

Land values: Real estate agents work on behalf of their clients, either the seller or the buyer. However, another element that can become important is the evaluation of the current market value of a property. In Nova Scotia, the professionals who work in this area are called real estate appraisers. By law, anyone engaged in this profession in Nova Scotia must be a registered member of the Nova Scotia Real Estate Appraisers Association. For more information on appraisals and appraisers in this province, contact:

Nova Scotia Real Estate Appraisers Association
Halifax, Nova Scotia
902-422-4077
www.nsappraisal.ns.ca/

General information on land and property values can be found on a variety of websites.

Non-resident land ownership: A person counts as a resident of Nova Scotia only if they actually live in this province for more than six months of the year. Non-residents can purchase and own land in Nova Scotia, however, they are required to register all their land holdings with the provincial government. This is done through the Registrar of Land Holdings. For more information, contact the office at 902-424-8681.

Housing in Nova Scotia

After arrival in Nova Scotia, finding a place to live will probably be one of your main objectives. You may find that living in Canada is very different than your former country of residence. When initially searching for a home, you may see a home that you would like, but cannot afford its cost. This means you may have to temporarily select something of a lesser value, and save money for the home of your choice.

It may be a challenge to find a home or apartment if you have a large family. Most Canadian families consist of 1-3 children and two parents. This is why most apartments are no larger than two or three bedrooms. If you have a larger or extended family, you might want to consider looking for a house to rent instead of searching for a very large apartment.

Types of Housing

There are many different types of living accommodation in Nova Scotia some of those types are:

Privately Owned Rental Housing is the most common type of housing, where you pay monthly rent to a landlord or company who owns and maintains the house/apartment.

Co-operative Housing is a type of subsidized living arrangement where some of the residents pay rent that is adjusted to their income, and others pay rent that is closer to market prices. Combined, they care for and manage the housing co-op by sharing duties and responsibilities.

There is generally a waiting list to be assigned to any type of subsidised housing. If you are applying for subsidised housing, ensure that you apply as soon as you possibly can to allow for processing.

Public Housing is similar to co-operative housing because its rent is adjusted to the income of its inhabitants. Public housing is built or funded by the government for families with lower or modest incomes.

Private Home Ownership is another common type of living accommodation in Nova Scotia. It is the private ownership of a home by an individual or couple. Many people in Nova Scotia purchase their own home when they begin raising a family.

Housing Customs

Some Canadian customs related to housing include:

- Canadians are known to take pride in the upkeep and care of their homes and gardens. There are also municipal by-laws that require certain upkeep of properties. In some cases, apartment and housing complexes often have rules and guidelines that the tenants must follow
- Most people in Canada usually don't visit acquaintances without invitation. This is sometimes different for close family and friends.
- Most children have their own bedrooms, partly because the average family has less than 2 children. Most females and males do not share rooms during their teenage years.
- Many Canadians remove their shoes after entering a home. This is a sign of respect towards the home owner who must clean the floors. Normally, Canadians do not wear shoes around the home.
- Canadians generally have a friendly relationship with their neighbours. Most people try to avoid conflict or legal disputes with neighbours by discussing differences in a friendly manner. Having and being a trustworthy and dependable neighbour is a way of protecting your home and neighbourhood.

Renter/Tenant Responsibilities

When renting an apartment or home, you as the tenant have responsibility to repair any damage caused by your presence. Fixing the regular damage caused by everyday living and past usage is the responsibility of the landlord.

When you have signed a lease, you have legally bound yourself to the commitment as tenant. You are committed to the lease for its duration as stated on the lease. If for some reason you need move before the end of the lease, you may be required to sublet the apartment until the end of the lease. Subletting is finding someone to take over for the duration of your lease. A sublet must be approved by the landlord.

For more information, refer to the Access Nova Scotia [Guide to the Residential Tenancies Act](#)

Apartment Hunting Tools

There are many online services for Nova Scotians to find housing. Some web sites are:

[The Halifax Herald Classifieds](#)

[The Rental Wizard](#)

[The Apartment Network](#)

[Halifax Rentals](#)

Household and Everyday Expenses

Whether you live in your own home or you rent an apartment, you will be responsible for a number of expenses other than your mortgage or rent. These expenses are called "utilities" or household expenses and include payments (usually monthly) for telephone service, long distance telephone charges, electricity (power), television, and household fuel (oil).

It is wise to budget these expenses monthly to determine the type of service you would like to receive in these areas.

Telephone Service

The two main local telephone service providers in Nova Scotia are Aliant and East link. Both telephone companies charge an fee for the installation of a telephone line into your house or apartment, and they charge a monthly fee for the use of this telephone line. To find out more about local telephone service contact either:

Aliant: <http://productsandservice.aliant.net/PS/ns/english/home/home.jsp>

Eastlink: <http://www.eastlink.ca/>

Long Distance Service

When you make a telephone call to another country, province, or calling area in Nova Scotia, this is called making a long distance call. In Canada, you can chose from a number of long distance service plans who charge you for these calls based on a set rate for the country or region you are calling. Both Aliant and East link offer long distance plans, however, there are a number of other companies that provide these services.

[Aliant](#)

[Eastlink](#)

[Sprint](#)

Primus

Making Long-Distance Calls

Long distance calls can be made from any residential or business phone in Nova Scotia. The charge would be made to your monthly telephone bill. To dial a long distance number anywhere in North America, you must dial:

1 + Area Code (3 digits) + the number (7 digits)

For information on making overseas phone calls, refer to your telephone directory.

Electricity/Power

In Nova Scotia, most electric power is provided by [Nova Scotia Power](#), a private sector company. Nova Scotia Power charges a base rate for their service and calculates your bill based on the amount of electricity you have used in the previous months.

You can calculate bi-monthly energy usage and **approximate cost** on the [NS Power](#) web site.

http://www.nspower.ca/energy_efficiency/energy_calculator/

Water

Water is a limited and valuable resource in Nova Scotia. If you live in a city, water is provided to households through underground water pipes. Water costs are calculated throughout Nova Scotia by the amount of water consumed by your household.

Each house/apartment has a meter that reads the water consumption and the water commission in your city or town reads the meter and charges you for the amount of water you have used. There is also a pollution control charge that is included on every bill. In the Halifax Regional Municipality, the [Halifax Regional Water Commission](#) is in charge of metering water consumption.

Wells

If you live in a rural area, your water may be supplied by a private well that the homeowner would have dug. When you have a well you do not pay additional costs to your municipal government, and the homeowner is responsible for maintaining their own water system.

Health Care in Canada

Canada has been rated one of the best places to live because of the health care program that it provides to its citizens and immigrants. It ensures that all residents of Canada are provided with necessary medical care based on need, not ability to pay.

Health care in Canada is publicly funded by both the Federal and Provincial Government. Nova Scotia's Medical Services Insurance (MSI) is the provincial plan of insured medical services. It is designed to pay for the cost of a range of medical needs such as:

- medically required physicians' services
- certain dental and optometric services
- physician referred specialist visits
- certain necessary hospital in-patient and out-patient services

You must always provide your valid Health Card when seeking medical services. It is to be presented to the health care provider upon request.

Nova Scotia's Medical Services Insurance

[Nova Scotia's health insurance plan](#) is designed to provide eligible residents with coverage for medically required hospital, medical, dental and optometric services with some restrictions. People visiting Nova Scotia are not eligible.

The Medical Services Insurance programs (MSI) are administered by Maritime Medical Care Incorporated on a non-profit basis on behalf of the Nova Scotia government. Policy direction for the programs is provided by the Department of Health. The Hospital Insurance program is administered directly by the Department of Health. The cost of providing these services to Nova Scotians is met through the general revenues of the province. You pay no premiums.

Eligibility requirements for Nova Scotia's medical and hospital health insurance programs are identical.

Canadian Citizens or Permanent Residents (Landed Immigrants) moving to Nova Scotia on a permanent basis from outside Canada will become eligible for coverage on the date of arrival in Nova Scotia. In general, anyone who is a resident and is ordinarily present in Nova Scotia, except members of the Canadian Forces and the Royal Canadian Mounted Police, is eligible to receive insured services.

Persons from outside Canada establishing permanent residence in Nova Scotia may apply for coverage upon arrival. Persons relocating from another province are not eligible for MSI coverage until after their third month in Nova Scotia. This is because they would still be covered by their old provincial health plan for the three months that they first settle in Nova Scotia. Please contact the MSI office for more information that may be more suited to your individual situation.

Registering For MSI

You can either apply in person or call the office to register for Medical Services Insurance. Documentation of Citizenship or permanent residence (i.e., IMM 1000 or permanent resident card) is required when applying.

After the application has been received and processed, each member of your family will receive a "Health Card". You must always provide your valid MSI Health Card when seeking insured medical services. It is to be presented to the health care provider upon request.

**MSI can be reached locally at (902) 468-9700
or toll free (NS only) at 1-800-563-8880**

Employment Authorization

People coming to Nova Scotia from outside the country that hold an Employment Authorization document can apply for coverage on their day of arrival in Nova Scotia, provided they are in possession of a valid Work Permit for at least a 12-month period. A declaration must be signed to confirm that the worker has not been outside Nova Scotia for more than 31 consecutive days, except in the course of employment, before the application can be processed. Coverage expires every year. For continued coverage, a copy of the renewed Work Permit must be submitted and a new declaration form must be signed each year. Dependents of such persons, who are legally entitled to remain in Canada, will be granted coverage on the same basis once the worker has gained entitlement.

Immigration documentation is required for the application process.

To complete an application please contact the MSI Registration Department at (902) 496-7008 or toll free 1-800-563-8880.

Mailing address: PO Box 500, Halifax NS B3J 2S1

Location address: 7 Spectacle Lake Drive, Dartmouth NS

When your application is processed, each member of your family will receive a plastic Health Card with an expiry date, which must be presented whenever you require insured services.

Please visit the following website for more details:

http://www.gov.ns.ca/health/msi/moving_travel.asp#2

Driver's License and Car Registration

In Nova Scotia, you must have a valid driver's license in order to drive a motor vehicle. If you own a car, truck or motorcycle, you must register your motor vehicle and obtain a license plate from the Registry of Motor Vehicles.

<http://www.gov.ns.ca/snsmr/rmv/default.asp>

Education

Public Education

In Nova Scotia, most residents attend public school. Public education is funded by taxes paid to the government.

All children in Nova Scotia are legally required to attend school until age 16. Parents also have the option of performing home-schooling, although they must still follow specific guidelines and curriculum.

In Nova Scotia, public schooling begins at age 5 when the child attends grade primary. Primary is then followed by grades 1 to 6, called elementary school, 7 to 9 which is Junior High, and 10 to 12 which is called high school or secondary school. Upon completion of high school, students can continue their education further with post secondary education, apprenticeship, or private career colleges.

Public schools operate for about 5 hours a day. Times vary at different schools and at different levels. Language instruction in Nova Scotia can either be in French or English, but most schools in Nova Scotia are primarily English. French is taught to all Nova Scotian students from grades 4 to 9 and is an optional credit in high school. French immersion instruction is also available.

In all public schools in Nova Scotia, both boys and girls are taught in the same classroom. They are taught by a teacher who has the qualifications and certification to do so, which consists of at least one university degree and advanced training in education.

Enrolling your Child in Public School

You can register your child for public school at the local school they will attend or at the regional school board office.

It is important that you provide as much documentation as possible about your child's education outside of Canada. This is to ensure that they get the correct placement at a level of learning that is neither above nor below their comprehension level.

The [Directory of Public Schools](#) can help you to locate a school in your area. Information and links to each [regional school board](#) are located on the Department of Education web site.

Directory of Public Schools: <http://www.ednet.ns.ca/index.php?sid=815312334&cat=0>

Regional School Board:

http://www.ednet.ns.ca/index.php?sid=141976179&t=sub_pages&cat=9

Universities, Colleges, and Trade Schools

In Nova Scotia there are many opportunities to receive additional education. Most programs and courses require the completion of a high school or general equivalency diploma (GED). Yet some training is available for mature students who have had no previous formal education. The [Nova Scotia School for Adult Learning](#), is a new educational program for adults wishing to complete high school studies or further their education.

Some of the different types of advanced education institute types are:

Universities - Are institutions that require high school completion. University preparatory classes may also be required for admission to universities. Some specialization might be required for specific programs of study. Upon completion of university studies, you will receive a degree in the area of study on which you have focused. Most university degrees require 3 or 4 years to complete. There are 11 universities in the province of Nova Scotia:

[Acadia University](#)

[Atlantic School of Theology](#)

[Dalhousie University](#)

[Mount Saint Vincent University](#)

[Nova Scotia Agriculture College](#)

[Nova Scotia College of Art and Design](#)

[Saint Francis Xavier University](#)

[Saint Mary's University](#)

[University College of Cape Breton](#)

[University of King's College](#)

[Université Sainte-Anne](#)

<http://novascotiaeducation.com/>

[Université Sainte-Anne-College de l'Acadie](#) is a virtual community college for students of Acadian and French-speaking communities, and those wishing to pursue French as a second language. It has five campuses located in Nova Scotia and several of its courses are offered through video and teleconferencing to communities throughout Nova Scotia.

<http://www.usainteanne.ca/default.php>

Community Colleges - Nova Scotia Community College (NSCC) offers over 134 programs of study, a wide selection of training courses, from mechanical engineering, to culinary and child care studies. Community colleges do not offer degree programs like universities, but certificates and diplomas in certain occupational fields. There are 13 [NSCC campuses](#) throughout Nova Scotia. Community college programs are generally less costly than a university degree program.

Private Career Colleges - Are privately owned and operated businesses that offer training certificates in many different fields such as secretarial, paralegal and flight attendants courses. The tuition fees for different programs vary.

<http://www.pcc.ednet.ns.ca/>

Apprenticeship - Is an exchange agreement between an apprentice, employer and the government. In this agreement, the apprentice agrees to work for the employer in exchange for intensive on-the-job training in the employer's field. Upon the completion of on the job training, the apprentice will be required to complete various certification exams, after which, they will be eligible to practice their trade throughout Canada.

<http://www.apprenticeship.ednet.ns.ca/>

i. Halifax

Halifax combines a busy city centre and a beautiful natural environment, unique restaurants, a thriving entertainment scene, beautiful parks, gardens and lakes - all part of what Halifax has to offer.

Household Income

The average household income in Greater Halifax is estimated to be \$55,885. This level of income places the Greater Halifax area above the national average and in the mainstream of Canadian urban areas.

Current household expenditures in the Greater Halifax area are estimated to be just above \$52,200. This expenditure level places the Greater Halifax area in the mainstream of mid-sized Canadian cities.

Cost Competitiveness

In its 2006 Competitive Alternatives report, KPMG compared business costs in 128 cities in North America, Europe, and Asia-Pacific. The Competitive Alternatives report measured 17 industries with cost comparisons based on 27 significant components such as wages, transportation, utilities, and taxes.

Highlights:

Halifax ranks first among mid-sized cities (population of 250,000 - 750,000) in North America in overall cost competitiveness.

Among international centers, Halifax ranked fourth in overall cost competitiveness.

Halifax's areas of strength include:

- Research and Development
- Software Development
- Back Office/Call Centre
- Aircraft Parts

Canada ranked as the second most competitive place in the world to do business with costs averaging five to six percent lower than the United States.

The 2006 Competitive Alternatives study is considered the most thorough comparison of international business costs ever undertaken by KPMG. The report is an essential tool for companies seeking a cost advantage in locating international business operations. These results form a significant pillar in the business case for Greater Halifax.

Economic Snapshot

The Greater Halifax Partnership measures growth in Greater Halifax by tracking key economic indicators to measure economic performance. The snapshot is compiled to detail trends affecting the business climate of Greater Halifax.

	2005	2006
Labour Force Size - December	215,500	217,300
Unemployment Rate - December	5.6%	4.6%
Labour Force Participation Rate - December	68.7%	69.6%
Inflation Rate - November	3.2%	1.1%
Value of Building Permits - January - November (\$ millions)	544.0	609.7
Investment in Non-Residential Construction - January - December (\$ millions)	509	588

Retail Sales - January - <i>October (\$ millions)</i>	4,418	4,735
Housing Starts - January - <i>December</i>	2,451	2,511

Climate in Halifax

Thanks in part to the Gulf Stream waters; Halifax is blessed with idyllic summer days that give way to leisurely falls, mild winters, and vibrant springs. Our climate provides us with negligible risk of business disruption from extreme weather conditions such as hurricanes, tornados, and earthquakes.

	Jan	Apr	Jul	Oct
US Customary/Imperial				
Daily Maximum (°F)	32	47	73	56
Daily Minimum (°F)	17	33	58	43
Rainfall (in)	4	4	4	5
Snowfall (in)	15	4	0	.5
Days with precipitation >=.5 in	8	7	5	6
Metric				
Daily Maximum (°C)	0	8	23	13
Daily Minimum (°C)	-9	1	14	6
Rainfall (mm)	112	111	106	134
Snowfall (cm)	38	10	0	1
Days with precipitation >=10 mm	8	7	5	6

The influence of the sea on our climate is not surprising as Nova Scotia would be an island but for a slender corridor of land that connects us to the rest of Canada. Surrounded by the Gulf of St. Lawrence to the north, the Bay of Fundy to the west, and the Atlantic Ocean to the south and east, we experience a true marine climate.

Located almost exactly half-way between the Equator and the North Pole (44° 39' N Longitude) Halifax is below the 49th parallel and at almost the same parallel as Portland, Maine. Halifax experiences some of the same climactic conditions as found in many European cities including London and Brussels.

Education

<http://www.hrsb.ns.ca/>

Greater Halifax offers one of the highest quality education systems in North America and a wide range of educational opportunities for everyone.

Primary and Secondary Education

The [Halifax Regional School Board](#), Nova Scotia's largest school board, accounts for 35% of the province's school age population. There are 58,000 public school students in Greater Halifax enrolled in 140 primary and secondary schools. The area also has a large number of students taking French courses and enrolled in French immersion.

In addition, a number of [private schools](#) offer high quality and specialized educational options at the elementary and secondary level.

Halifax Regional Library System

The [Halifax Regional Library](#) is the life-long learning centre of the community and the place people turn to for the discovery of ideas, the joy of reading, and the power of information.

The Halifax Regional Library system is comprised of 14 branch libraries, two mobile libraries, Books-by-Mail and Home Delivery services, and e-branch. Its collection consists of more than 1,164,578 items including books, magazines, videos, compact discs, DVDs, and cassettes.

Post-Secondary Education

Greater Halifax is home to six highly regarded [universities](#). Each one offers a range of traditional and innovative programs including arts and social sciences; sciences; dentistry; medicine; fine arts; journalism; health sciences; theology; and education. Our post-secondary institutions currently have 4600 graduate students and 24,000 undergraduate students enrolled.

Housing

There are a wide variety of housing choices in Greater Halifax, ranging from urban to rural, condominiums to single family detached, offered at a full range of prices.

According to the Canadian Real Estate Association, in Halifax the average selling price of houses in 2005 was \$194,000 - making Halifax one of the more inexpensive housing locations in the country.

For an extensive list of houses currently available for purchase, visit the [Multiple Listing Service](#) website and select Nova Scotia. If you are considering renting a property, the classified section of [The Chronicle Herald](#) is a good place to start.

<http://www.mls.ca/>

<http://www.herald.ns.ca/>

Cost of Living in Halifax

Housing	Cost in Halifax
To rent: 1 bedroom, living room, kitchen and bath (heat and power included - average)	\$ 677
To purchase: single-family detached - average	200,000
Accommodations (one night, two persons)	
Bed & Breakfast	116
Motel	100
Executive Suite	231
Full service hotel	179
Public Transportation (bus, ferry)	
Single fare	2.00
Monthly pass (average)	67.5
Taxi (downtown to Halifax International Airport)	50
News	
Local daily newspaper	1.00
National daily newspaper (The Globe and Mail)	2.25
International daily newspaper (Wall Street Journal)	3.75
Food	
Bread (675g loaf)	1.99
Soda pop (2 litre)	1.25
Milk (2 litre)	3.51
Sugar (2 kg)	2.19
Eggs (12)	2.21

Butter (250 g)	3.99
Cars	
To rent: weekend, compact, all inclusive	89
To purchase: Toyota Yaris 2006	15,500
Parking violation	25
Miscellaneous Items	
Telephone (basic service/month)	25.00
Cable television (basic service/month)	14.53
Postage stamp (within Canada)	0.51
Postage stamp (to USA)	0.89
Postage stamp (International)	1.49
Regular grade unleaded gasoline	92.7
Pack of cigarettes	10.94
Movie theatre ticket	8.85
Compact disc	18 to 23
Dance club entrance	6
Live theatre ticket	35.66
Major Junior hockey ticket	14.50
McDonalds Kids meal	4.20

Prices as of October 2006. All prices are in Canadian Dollars.

Metric conversions:

1 kg = 2.2 pounds

100 grams = 3.5 ounces

1 liter = 1.05 quarts

ii. Cape Breton

<http://www.cbrm.ns.ca/portal/default.asp>

<http://www.targetnovascotia.com/>

The Cape Breton Regional Municipality is the second largest municipality in the Province of Nova Scotia, Canada. Located on the eastern side of Cape Breton Island, one of the most scenic islands in the world, the CBRM covers a total area of 2,470 square kilometres and currently has a population of 109,330 people.

Education	Cape Breton
Number of 4 Year Institutions	1
Number of Private Institutions	20
Number of Nova Scotia Community College Campuses	1
Number of People in Workforce with less than High School Diploma	7,750
Percent of Workforce with less than High School Diploma	21
Number of People in Workforce with High School Diploma	4,150
Percent of Workforce with High School Diploma	11
Number of People in Workforce with Some Post Secondary	2,660
Percent of Workforce with Some Post Secondary	7
Number of People with in Workforce Post Secondary	16,760
Percent of Workforce with Post Secondary	45
Number of People in Workforce with Bachelor Degree or Higher	5,700
Percent of Workforce with Bachelor Degree or Higher	15

Annual Payroll Costs	Cape Breton
Average Salary	\$25,142.00 CDN
Primary Industry Salary	\$22,374.00 CDN
Mining Salary	\$34,153.00 CDN
Construction Salary	\$24,669.00 CDN
Manufacturing Salary	\$26,203.00 CDN
Transportation Salary	\$36,675.00 CDN
Wholesale Salary	\$27,523.00 CDN
Retail Salary	\$15,260.00 CDN
Finance Salary	\$31,049.00 CDN

Services Salary	\$25,573.00 CDN
Public Administration Service Salary	\$33,371.00 CDN
*dollar values based on exchange rate of \$1 US equals \$1.4015 Cdn. (average noon rate for 2003)	

For information on housing costs, please visit the following link:

<http://capebreton.kijiji.ca/f-housing-housing-for-sale-W0QQCatldZ35>

Dentists

County	Total Population	Number of Dentists	Dentists per 1000
Cape Breton	117,645	43	0.37

Source: Nova Scotia Dental Association

Hospitals

Hospital	Address	Association	Phone	Fax	Region	Helipad
New Waterford Consolidated	716 King Street New Waterford B1H 3Z5		(902) 862- 6411	(902) 862- 8277	Eastern	no
Cape Breton Regional	1482 George Street Sydney B1P 1P3		(902) 567- 7802	(902) 567- 7921	Eastern	yes
Northside General Hospital	599 Purves Street North Sydney B2A 3M4		(902) 794- 8521	(902) 794- 3355	Eastern	no

Source: Nova Scotia Department of Health

iii. Dartmouth

Dartmouth is an urban community of the Halifax Regional Municipality and a former city in the [Canadian province](#) of [Nova Scotia](#). Dartmouth was a twin city with the [City of Halifax](#), which was the [shire town](#) of [Halifax County](#) and the provincial capital.

Housing: Housing costs vary from one area to another in the province. In general, new house prices and rental rates increase with the size of the community, with the central sections of the Halifax-Dartmouth area having the highest costs. The following selected housing statistics represent an average scale of purchase and rental costs as of the last quarter of 2001.

Detached Bungalow

Purchase Price

Bedford	\$ 166,000
Dartmouth	\$ 105-135,000
Halifax	\$ 127-168,000
Sackville	\$ 111,000

Standard Townhouse	Purchase Price
Bedford	\$ 138,000
Dartmouth	\$ 74-107,000
Halifax	\$ 110-125,000
Sackville	\$ 70,000

Standard Condominium Apartment	Purchase Price
Bedford	\$ 110,000
Dartmouth	\$ 68-71,000
Halifax	\$ 69-160,000

Standard Two Storey	Purchase Price
Bedford	\$ 158,000
Dartmouth	\$ 110-145,000
Halifax	\$ 138-225,000
Sackville	\$ 128,000

Executive Detached Two-Storey	Purchase Price
Bedford	\$ 275,000
Dartmouth	\$ 155-220,000
Halifax	\$ 190-325,000
Sackville	\$ 170,000

Monthly Apartment Rent: These average monthly rent figures are taken from Canadian Mortgage and Housing Corporation's 2001 Survey.

Area	Bachelor	One Bdrm	Two Bdrm	Three Bdrm
Halifax	\$516	\$585	\$720	\$934
Dartmouth	\$467	\$484	\$589	\$654

The areas: Halifax and Dartmouth lie on opposite sides of Halifax Harbour. Bedford is an inner high-end suburb and Sackville is a less expensive outer suburb of Halifax.

Rental costs: Generally speaking, other areas of the province (for example, Kentville in the Annapolis Valley, Bridgewater on the South Shore, Truro in the central

mainland, Sydney in Cape Breton, etc.) have lower rental costs than Halifax/Dartmouth/Sackville.

Education	Yarmouth
Number of 4 Year Institutions	0
Number of Private Institutions	0
Number of Nova Scotia Community College Campuses	1
Number of People in Workforce with less than High School Diploma	3,040
Percent of Workforce with less than High School Diploma	29
Number of People in Workforce with High School Diploma	845
Percent of Workforce with High School Diploma	8
Number of People in Workforce with Some Post Secondary	885
Percent of Workforce with Some Post Secondary	8
Number of People with in Workforce Post Secondary	4,550
Percent of Workforce with Post Secondary	43
Number of People in Workforce with Bachelor Degree or Higher	1,210
Percent of Workforce with Bachelor Degree or Higher	11

Annual Payroll Costs	Yarmouth
Average Salary	\$26,693.00 CDN
Primary Industry Salary	\$37,285.00 CDN
Mining Salary	\$45,478.00 CDN
Construction Salary	\$22,651.00 CDN
Manufacturing Salary	\$22,865.00 CDN
Transportation Salary	\$29,839.00 CDN
Wholesale Salary	\$25,740.00 CDN
Retail Salary	\$17,347.00 CDN
Finance Salary	\$30,620.00 CDN

Services Salary	\$26,342.00 CDN
Public Administration Service Salary	\$38,723.00 CDN
*dollar values based on exchange rate of \$1 US equals \$1.4015 Cdn. (average noon rate for 2003)	

Dentists

County	Total Population	Number of Dentists	Dentists per 1000
Halifax	358,918	233	0.65

Source: Nova Scotia Dental Association

Hospitals

Hospital	Address	Association	Phone	Fax	Region	Helipad
Dartmouth General Hospital	325 Pleasant Street Dartmouth B2Y 4G8		(902) 465- 8353	(902) 465- 8537	Central	
Nova Scotia Hospital	300 Pleasant Street Dartmouth B2Y 3Z9		(902) 464- 3111	(902) 464- 3460	Central	
Grace Maternity Hospital	5850 University Avenue Halifax B3J 3G9		(902) 428- 8111	(902) 428- 3206	Central	
Isaac Walton Killam Hospital	5850 University Avenue Halifax B3J 3G9		(902) 428- 8111	(902) 428- 3206	Central	
Camp Hill Medical Centre (Halifax Infirmary)	1335 Queen Street Halifax B3J 2H6	Queen Elizabeth II Health Services Centre	(902) 496- 2700	(902) 496- 2719	Central	
Nova Scotia Rehabilitation Centre	1341 Summer Street Halifax B3H 4K4	Queen Elizabeth II Health Services Centre	(902) 422- 1787	(902) 425- 6466	Central	
Victoria General Hospital	1278 Tower Road Halifax B3H 2Y9	Queen Elizabeth II Health Services	(902) 428- 2240	(902) 428- 7052	Central	

		Centre				
Musquodoboit Valley Memorial and Home for Special Ca	492 Archibald Brook Road Middle Musquodoboit B0N 1X0		(902) 384- 2220	(902) 384- 3310	Central	yes
Twin Oaks Memorial	7704 Highway 7 Goldenville B0J 2L0		(902) 889- 2200	(902) 889- 2470	Central	
Cobequid Community Health Centre	70 Memory Lane Sackville B4C 2JC		(902) 865- 5750	(902) 865- 5750	Central	

Source: Nova Scotia Department of Health

Physicians

County	Total Population	Number of Physicians	Physicians per 1000
Halifax	358,918	989	2.70

Source: Nova Scotia Department of Health